



UPDATE

YOU ARE US AND WE ARE YOU

By UHSAA Executive Director Rob Cuff

YOU are US and WE are YOU. Former U.S. Senator Bill Bradley said, "No collection of individuals, no matter how good, can be successful unless they form a team." As member schools and staff of the Utah High School Activities Association, we can work together to provide the best experience and quality opportunities for the young people we serve. Sometimes, we lose sight of the fact that collectively we make each other stronger. Our main mission needs to be to share ideas on what is working and continue to look together for solutions for the betterment of our Association.

Randall Brown, Principal of Richfield High School and a former member of UHSAA Executive Committee said, "Many may have deluded opinions regarding the function and focus of the UHSAA. I find it to be an organization of 'WE'... WE who hold what is truly best for our youth...be that athletic or academic... I challenge us all to cultivate the love of the game in the many decisions WE make as an organization of 'WE.'"

Our UHSAA Mission Statement says: "Knowing that student activities are a significant educational force in the development of skills needed to become a contributing member of society, the UHSAA reaffirms that students are the focus and the reason for the Association."

Education-based activities are defined as high school activities which build character and teach positive values. Together, as a team, I believe we can continue to do great things for the students who participate in education-based activities. We can promote the development of character and ensure the teaching of positive values, philosophies and principles of educational value that will last a lifetime.

As educators, we must continue to pass on the great things that high school activities have taught each one of us. We can help students dream and succeed by creating one of the most powerful and influential educational experiences that can be provided to young people. We can do this by creating positive learning laboratories where practical life's lessons are taught to promote positive citizenship.



The UHSAA legacy: Our past four Executive Directors: L to R: Glen L. Bree, Evan K. Excell, Dave L. Wilkey, Rob C. Cuff

Our team includes all of us working together toward the common goal of promoting sportsmanship and enforcing standards of excellence which enhance the educational experience for high school students. YOU are US and WE are YOU. We are the Utah High School Activities Association.

In future UPDATE issues, Executive Director Rob Cuff will share his thoughts in an "Off the Cuff" column.

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In Recognition



UHSAA Distinguished Service Awards

The UHSAA Distinguished Service Award was initiated in 1987 to honor individuals for their service and contributions to high school activities. The UHSAA would like to say thank you to these individuals for touching so many lives.

Dave Peck, 5A Coach of the Year from Bingham High School
Greg Sheide, 4A Coach of the Year from Orem High School
Sharon Wall, 3A Coach of the Year from Richfield High School
Shawn MacQueen, 2A Coach of the Year from Rowland Hall-St. Mark's School
Clint Barney, 1A Coach of the Year from Panguitch High School
Richard Barton, Athletic Director of the Year from Richfield High School
Jackie Parker, Female Official of the Year
Bruce Allen, Male Official of the Year
Kelly DeHaan, Music Educator of the Year from West Jordan High School
LeeAnn Hyer, Speech/Drama Educator of the Year from Davis High School
Sterling Parker, Distinguished Contributor
Dr. Russ Toronto, Distinguished Contributor
James Edward, Distinguished Media from Deseret News

NFHS Awards

NFHS Coaches Association: UTAH COACHES OF THE YEAR

Bill Cospers, Football (11 Player)
Matt Barnes, Boys Basketball
Corbin Talley, Boys Track and Field (Outdoor)
Scott Ellett, Baseball
Mark Graham, Boys Soccer
Jody Warren, Wrestling
Bryan Griffin, Boys Cross Country
John Kurtz, Boys Golf
Tim Sleeper, Boy Tennis
Pete Jahsman, Boys Swimming and Diving
Scott Ferguson, Girls Basketball
Dan Quinn, Girls Track and Field (Outdoor)
Kathy Mendenhall, Volleyball
Mikki Jackson, Softball (Fast Pitch)
George Richardson, Girls Soccer
Karl Packer, Girls Tennis
Lisa Reed, Girls Cross Country
Joe Pereira, Girls Swimming and Diving
Eron Demming, Girls Golf

NFHS Officials Association: UTAH OFFICIALS OF THE YEAR

Chad Veater, Baseball
Ken Sowby, Boys Basketball
Doug Padilla, Boys Cross Country
Kent Condie, Football
Mark Sackett, Boys Soccer
Brett Dennett, Wrestling
Teresa Turner, Girls Basketball
Richard Grigg, Girls Soccer
Dennese Fendt, Softball
David Crimin, Girls Swimming and Diving
Kirk Skyles, Girls Track and Field (Outdoor)
Nancy Smith, Volleyball

2009



‘She gave these kids a second chance to live’

By Caleb Warnock, Daily Herald. Reprinted with permission from the Daily Herald, Oct. 18, 2009

“Don’t waste your life on trivial, vain and worldly things. Give your life every day, one day at a time, to what really matters.”

That is one of the lessons taught by the life of Heather Christensen, 33, the American Fork High School woodwind teacher who died saving the lives of her students, said Elder Bruce C. Hafen of the Quorum of the Seventy of The Church of Jesus Christ of Latter-day Saints, speaking at funeral services on Saturday at the Alpine Tabernacle in American Fork. “I bring you the love and deepest sympathy of President Thomas S. Monson and the other General Authorities who asked me to represent them here,” said Hafen, noting he had two very personal reasons to speak. Two of his grandchildren are members of the band, and “one of them was sitting right across the aisle” from Christensen the night she attempted to take control of a charter bus carrying band students home from Idaho after the driver is believed to have suffered a medical issue. The only fatality, Christensen, was thrown from the bus.

“Her actions protected many young people from injury and even death,” Hafen said, noting the American Fork City Council had declared Saturday as Heather Christensen Day in honor of her actions. “All those whose loved ones were on the bus will feel an everlasting debt of gratitude,” Elder Hafen said. “It is as if she gave these kids a second chance to live.”

Through her example in life and death, Christensen also taught how to navigate life’s temptations, Hafen said. “Learn from Heather to steer your bus away from the dangers that haunt us on the freeway of life,” he said. And as Christensen, “find joy in the success of other people -- what a gift in this competitive society.”

Family members remembered Christensen as a woman with



Photo Credit: Mark Johnston, Daily Herald

a passion for music, movie quotes, world travel, hats, a math whiz who loved to sing and dance and loved warm weather, especially in Hawaii, and never took life too seriously. She was called “self-directed, self-motivated, and naturally driven” and an “educator in the truest sense of the word.”

One of the most moving moments from Saturday’s service came when the band played as the black casket covered in red roses was rolled from the tabernacle. Uniformed band members, who had occupied choir seats during the service, lined both sides of the walkway from the tabernacle about 100 feet out to the waiting hearse. As the audience stood to watch the casket be wheeled away, music from the band filtered into the tabernacle and many in attendance sobbed openly. Hundreds lined the sidewalk and gathered in the parking lot to watch the family pass between the lines of band members after the casket.

In letters read by family members at the service, Christensen’s parents, Kay and Annette Christensen, said her passing left them “sad and incomplete” and said meeting with students the night of the accident was comforting and moving. “I never had to worry about you doing wrong, even in your teenage years,” Christensen’s mother wrote. “I know you appreciated life in your own way, briefly yet abundantly.”

Family members recalled the time, in her youth, when a curious Christensen set a towel on fire in the bathroom. When she couldn’t get the fire out, she quietly exited the bathroom. The family did not learn the bathroom was on fire until the fire alarm went off.

“Let us all press forward and realize we have been in the presence of an angel,” said her sister, Kara Higginson. “She will be greatly missed, but she will still be laughing, loving and helping others.”



Photo Credit: Mark Johnston, Daily Herald

NFHS Updates

2009 National Athletic Directors Conference

The 2009 National Athletic Directors Conference will be held December 11-15 at the Gaylord Texan Resort & Convention Center in Dallas, Texas. Registration books will be mailed to each state association about September 15. This year's conference will feature many relevant state association breakout sessions as well as networking opportunities to interact with interscholastic athletic directors from your state. We look forward to your attendance in December!

NFHS Coach Education

The NFHS is proud to announce the availability of three new courses: Fundamentals of Coaching Volleyball, AACCA Spirit Safety Certification and Teaching Sport Skills. Each of these courses is now available online at www.nfhslearn.com.

Fundamentals of Coaching Volleyball (\$50) was developed by USA Volleyball in partnership with the American Volleyball Coaches Association and provides training to all levels of interscholastic volleyball coaches in the skills and tactics of the sport. It will take the coach two to three hours to complete the course with additional resources and training available in the resource section. Two former

Olympians, Kevin Barnett and Dietre Collins Parker, are the course hosts.

AACCA Spirit Safety Certification (\$50) was hosted by Jim Lord, AACCA executive director, and presents tools and training for spirit coaches to minimize the risk of injury to its participants. The course will take about two hours to complete and contains many videos on how to teach the skills of cheer properly.

Teaching Sports Skills (\$50) was developed by Jody Brylinsky, Ph.D., and Suzan Ayers, Ph.D., both of Western Michigan University. The course is designed for all coaches, particularly those who have not had training in how to teach. There are a number of teachable moment videos that show how it should be done. This course is a must for coaches having difficulty with the teaching aspect of coaching.

The NFHS Coach Certification Program will be launching this month. Level 1, Accredited Interscholastic Coach, can be achieved by completing Fundamentals of Coaching, First Aid for Coaches or its equivalent, and the Fundamentals of Coaching (sport-specific) or Teaching Sports Skills if your sports course is not yet available. Visit www.nfhslearn.com to learn more or view demos of all courses.

For NFHS updates and resources visit nfhs.org and nfhslearn.com

UHSAA Staff Responsibilities

Wondering who you should talk to at the UHSAA? Each member of the staff has different responsibilities and is ready to answer any questions you may have. Our job is to serve you.

Bart Thompson, Assistant Director

- Director of Cross Country, Soccer, Speech, Track and Wrestling
- Website development and management
- Academic All-State
- Sports Medicine Coordinator
- Calendar of State Events

Kevin Dustin, Assistant Director

- Director of Baseball, Basketball, Drama, Football and Golf
- Corporate Sponsors & Marketing
- Coaches Education and Training
- Christmas Moratorium Adjustment Coordinator
- Sports Record Book Coordinator

Becky Anderson, Assistant Director

- Director of Drill Team, Music, Softball, Swimming/ Diving, Tennis and Volleyball
- Handbook and Yearbook Supervision
- State Tournament Programs and Printing
- UHSAA Newsletter Editor
- Sportsmanship/Citizenship Coordinator

Mike Petty, Supervisor of Officials

- Director of Officiating
- Arbiting
- Ref Pay
- Player and Coach Ejections
- Officials Issues and Concerns



2009 NFHS Student Leadership Conference

Doing More to Show Respect

By Ashley Garfield

At this convention, I learned very important values and life lessons. These include teamwork and healthy lifestyles, as well as having a positive perspective and values. What really stuck out to me was Sportsmanship and Respect.

In the Student Leadership handbook, respect is defined as a set of actions that avoids negative behavior and demonstrates respect and appreciation for opponents, officials, fans, coaches and fellow team members. I have found that my school as well as other Utah schools can do a better job at demonstrating this.

Another thing that was stressed was being happy for others accomplishments and accepting the fact that they did something well and you might have messed up. Too often we rant and rave about how, "It was the ref's fault." We should try harder to remember why we are playing the game and that how we treat others reflects not only on us, but on our school and state as we compete.

Taking Responsibility to Make a Change

By Halee Gines

The NFHS conference was the greatest experience and has made a dramatic change in my life. The conference has made me a better citizen, teammate, and leader, in other words, a better all around person. It showed me how I can make the difference that I never believed I could.

What I loved most about the conference was that people had such positive attitudes. Everyone had great perspectives and had the determination to make things better. The people not only believed that they could make a difference but also believed that I could make a difference. It made me start believing in myself. Everyone there wanted to make a change in their life, in the lives of people around them, their community, and their state. They believed that they could make a change and they could make the world better.

These people changed my mind about the world. I thought the world was getting worse and there is nothing anyone could do about it. I realized that everyone I was surrounded by was going to change the world for the

In order to promote better citizenship in my school and community, we have decided that before every sporting event, we will have one of the student athletes read our school's code of conduct. This will remind the spectators that both teams have worked extremely hard and would appreciate it if they would cheer for their team and fill our "emotional tanks" rather than cheering against the other team. We as the players will also work to show citizenship on and off the court. Like Knute Rockne said, "One man practicing good sportsmanship is far better than fifty others preaching it."

The NFHS Conference was a great opportunity for me to learn how to better serve my school, community, and state. I believe that it is a wonderful way to teach our generation how to be better leaders and learn the values that keep our Nation running. I also believe that a conference held here in Utah would greatly benefit the state and the schools within.

better. Kids my age were speaking out and using their voices to show the world we can make a difference and we will.

We were all working towards the same goal that applies on and off the court, building teamwork, with our team, with our friends, with our family, and with our community. I, as an individual, can make a difference just by having a positive attitude and positive values.

I have been a team leader in my community for many years but now I know how to turn my role into action. I realize that it takes a team to come together so that it can build up and be the best it can. The conference showed me ways to bring my team together so that we can do our very best.

The conference helped me do things that I never thought I would do. I have an obligation to the friends and leaders at the conference to make a difference. So I take the responsibility and will do the best that I can.

NFHS 2010 Student Leadership Conference

The NFHS National Student Leadership Conference will be held July 15-18 at the Indianapolis Hilton Downtown. The Planning Committee is discussing new and creative ways to deliver their message to the student delegates. They are exploring the opportunity of having a recent Olympian who competed in Beijing, China to speak

about their experiences representing the United States. They are also planning to discuss some live daily Internet video feeds from the conference. Additional information will be available in the coming months.

If you have any questions, please feel free to contact B. Elliot Hopkins, CAA, at the national office.

UHSAA Coaches Training and Certification

Coaches' Training and Certification Mandated

The Utah High School Activities Association requires that all individuals employed or acting as coaches meet specific training and certification requirements outlined in UHSAA By-Laws Article V and the Utah State Board of Education (USBE) Administrative Code R277-517.

The UHSAA/USOE coaches' training and certification program includes the following **four components: a background check, First Aid training, CPR training and coaches' certification.** Head coaches and paid assistant coaches with a major, minor or endorsement in physical education and/or minor in coaching are considered trained and will not have to complete the First Aid, CPR or coaches' certification.

All athletic head coaches and assistant coaches shall submit to a criminal background check as a condition for employment or appointment (R277-517-3).

Compliance Verified On SCORE (School Coaches Official Registry)

Schools or school districts shall verify compliance with this rule by reporting to the UHSAA and the USBE, utilizing the SCORE database (www.usoescore.com). Documentation of the training received by the coaches and the completion of a criminal background check must be entered on SCORE. The background check is usually entered by the school district and the First Aid and CPR documentation is entered by a school administrator or athletic director (password protected). Principals and school athletic directors can access information on SCORE under the training link on the UHSAA Home Page (ushaa.org). Contact Amie Wagstaff at the UHSAA office (office

phone: 801-566-0681 or Wagstaff@uhsaa.org) if you have any questions on SCORE. Amie Wagstaff will enter the date of completion for coaches' certification after receiving the information from each member school.

Deadlines for Completing Training and Certification

Prior to coaching, all head coaches and paid assistant coaches must receive certification in both First Aid and CPR through an approved or recognized program which complies with the state requirements.

By June 30th of the school year in which they begin coaching, all head coaches and paid assistant coaches must complete a coaching certification course. A head coach or paid assistant coach shall be prohibited from coaching a second year except that said person complete the UHSAA/USOE coaches training program.

Options for Completing Certification and Training

Coaches should contact the principal, athletic director or the UHSAA office to discuss options for completing the required First Aid, CPR training and coaches' certification.

1. First Aid and CPR Training: requires evidence of completion; must receive proof of certification. A coach only needs to complete the First Aid and CPR training once. Options may include a Red Cross course, district course or on-line course.
2. Coaches Certification: can be completed through a blended course which includes a combination of course work under the direction of a certified NFHS/UHSAA instructor (list available on the "Training" link at uhsaa.org or the NFHS on-line course, "Fundamentals of Coaching," available at nfhslearn.com.

2009-2010 Basketball and Wrestling On-line Clinics

Basketball and wrestling HEAD COACHES that did not attend the live UHSAA rules clinic must view a UHSAA on-line clinic (www.uhsaa.org).

The on-line clinics and quiz will be available from November 6 until December 1, 2009. Links to the UHSAA on-line clinic for basketball and wrestling will be posted in the training section of the UHSAA web site (www.uhsaa.org). **Credit for viewing the clinic is available until December 1, 2009. NO EXCEPTIONS.**

The online basketball and wrestling clinics will be in a power point presentation and will include a link to a quiz to complete and submit to the UHSAA for credit. On-line clinics are large files and could take several minutes to download.

Attendance at the clinic or the viewing of the UHSAA on-line clinic exempts the head coach from having to take the written test. If a head coach does not attend or view the clinic, a test for that sport will be sent to your school for your head coach to take. A score of 70% or higher is necessary to pass the test. Failure to attend or view a clinic or complete and pass the test by the deadline will result in a \$50.00 fine to your school.

***PLEASE NOTE: Tests or clinic attendance notices received by the UHSAA after fines have been sent will not waive your fine.

Chalk Talk

Participation throughout the year can be broken down into five different times: in season, three weeks prior to season, dead time, open time (out of season), and holiday moratorium.

In Season: This is the period of time from the practice start date through the conclusion of the state tournament. There are no competitions, scrimmages, or practices with other schools allowed from practice start date to competition start date. Practice and games are allowed within contest limitation. See the UHSAA Handbook for contest limitations for every sport.

Three Weeks Prior to Season: During this time, no camps hosted or sponsored by UHSAA member schools are allowed. Individuals may attend an individual camp as long as their coach does not coach them. Weight lifting and conditioning are allowed and sport-specific exercise is allowed without instruction from coaching staff. Open gym, court, pool, and field is allowed without coaching. Team selection may not take place and there is no required attendance. There are to be no practice sessions, drills, review of video with athletes, team offense, team defense, or chalkboard Xs and Os. Football is excepted from these rules.

Dead Time: This period is sport-specific (see Ready Reference Calendar) and applies to all 9th-12th grade students. There is to be no sport-related coach/player contact. A coach can be paid or unpaid and is any current, immediate past, or projected future coaching staff. During Dead Time there is no coaching or observing by any coach or volunteer (Exception: may observe own child playing or when acting as a registered official assigned to that contest). No organized practice at any level with any coach or volunteer and no organized competition at any level with any coach or volunteer is allowed. No meetings except individual exit interviews and post season banquets and no fundraisers are allowed.

Participation Times Throughout the Year

There should be no open gym, court, pool, field, batting cages, etc.

Open Time (Out of Season): During Open Time there should be no team selection and no required or limited attendance. For Football, Open Time is from the end of Dead Time through Memorial Day. There should be no organized team practices or intra-school scrimmages (includes 7 on 7 practice), no helmets or pads, and no competitions or scrimmages with other schools. Specific position work and skill development with a coach is okay with three or fewer individual students at a time. There can be five consecutive days in pads between Memorial Day and July 20.

Holiday Moratorium: During this time, there are to be no practices or contests, no travel, and facilities are to be closed.

Athletic Period Rule: These restrictions govern activities in an athletic period (UHSAA Handbook, page 47).

No students interested in their prospective sport may play or practice that sport during an athletic period except AFTER the official beginning practice date or the beginning competition date, if not beginning practice date is established.

Appropriate activities during an athletic period prior to the start of the season:

1. Weight Lifting
 2. Conditioning
 3. Play another sport (no pool time for swimming)
- No coaching should occur in the athletic period prior to the start of the season.

For additional information regarding policies on participation times throughout the season, view the UHSAA online PowerPoint presentation available at uhsaa.org. Go to the UHSAA web page and click on "Training."

Go to the UHSAA Handbook, available online, for rules pertaining to "Participation Times" throughout the year.

UIAAA Strategic Plan Nears Completion

In the fall of 2008, the UIAAA Board of Directors made a commitment to establish the first-ever five year Strategic Plan for the organization. Our association has grown dramatically in its 27-year history and all felt it was time to put in place a "road map" that will guide our path for the next five years to assure continued and member-driven progress.

A twelve-person committee comprised of Athletic Director Advisory Council volunteers from across classifications, as well as retired athletic directors and a representative from the UHSAA went into action at a two-day summit held at Jordan High School on June 22 and 23.

With the guidance of Committee Chair **Kendra Tomsic, CAA**, Athletic Director at Rowland Hall and facilitator, **Walt Sargeant, CAA**, Director of Marketing for the NIAAA, the three sub-committees (Operations, Finance and Programs) took input that had been gathered from the UIAAA general membership at the spring '09 conference and formulated goals in each area that will become the focal point of the organization through 2014. Lending his support and expertise as called upon was UIAAA Executive Director, **Marc Hunter, CMAA** and Athletic Director at Jordan High School.

Chair of the Operations Sub-Committee is **Alana Benson, CAA** and Athletic Director at Parowan High School and current UIAAA President. Operations Sub-committee members include **Doug Snell, CMAA** and Athletic Director at Spanish Fork High School; **Doug Payne, CAA** and Athletic Director at Park City High School; and **Russ Love, CAA** and Athletic Director at Oakley High School.

Craig Gladwell, CAA and LTC Coordinator for the UIAAA chairs the Programs Sub-committee. He is joined by **Dan Cowan, CMAA** and Athletic Director at West Jordan High School; **Becky Anderson**, Assistant Director from the Utah High School Activities Association; and **Clayton Carter, CMAA** and Athletic Director at Wendover High School.

Chair of the Finance Sub-committee is current UIAAA Past-President **Richard Barton, CMAA** and Athletic Director at Richfield High School. He is assisted by committee members **Ron Dolphin, CAA** and Athletic Director at Grand County High School; **Gordon Hinckley, CMAA** and Athletic Director at Riverton High School as well as UIAAA President-Elect; and **Renn Hoopes**, Athletic Director at Morgan High School.

A rough draft of the plan is currently in the revision process, with the final draft to be approved by the Strategic Plan Committee and the Board of Directors in November. The plan will then be unveiled to the general membership at the UIAAA Conference in St. George in April, 2010.

The 2010-2014 Strategic Plan inspired this year's UIAAA theme, "A Vision on the Horizon", and will truly set the tone for the continued growth and development of an already nationally renowned athletic director's association.

Coming Events Updates@uhsaa.org

GIRLS BASKETBALL

Nov. 9	Start Date
Nov. 18	First 1A Games
Nov. 24	First Games

BOYS BASKETBALL

Nov. 9	Start Date
Nov. 24	First Games

FOOTBALL

Oct. 30-31	1A&2A Quarter-finals
Oct. 30-31	3A, 4A, 5A 1st Round
Nov. 6-7	3A, 4A, 5A Quarters
Nov. 7	1A & 2A Semis
Nov. 12-13	3A, 4A, 5A Semis
Nov. 14	1A & 2A Finals
Nov. 20	3A, 4A, 5A Finals

VOLLEYBALL

Oct. 29-30	2A State (UVU)
Oct. 30-31	3A & 1A State (UVU)
Nov. 6-7	4A & 5A State (UVU)

WRESTLING

Nov. 9	Start Date
Nov. 14	Body Fat Testing
Nov. 24	First Meets

HOLIDAY MORATORIUMS

No practices or competitions	
Nov. 26-29	
Dec. 23-27	
Jan. 1	

Keep Up With UHSAA News
Visit www.uhsaa.org today

Coaches and Officials:
Click on "Training" for info on

UHSAA ON-LINE RULES CLINICS

Congratulations to our Champions!

GIRLS TENNIS

- 2A: 1st Waterford
- 2nd Rowland Hall
- 3rd St. Joseph
- 4th Wasatch Academy
- 3A: 1st Desert Hills
- 2nd Judge
- 3rd Park City
- 4th Morgan
- 4A: 1st Orem
- 2nd Bountiful
- 3rd East
- 4th Sky View
- 5A: 1st Skyline
- 2nd Cottonwood
- 3rd Lone Peak
- 4th Alta



GIRLS CROSS COUNTRY

- 1A: 1st St. Joseph
- 2nd Wayne
- 3rd Monticello
- 4th Rich
- 2A: 1st San Juan
- 2nd Parowan
- 3rd North Summit
- 4th Kanab

- 3A: 1st Park City
- 2nd North Sanpete
- 3rd Cedar City
- 4th Canyon View
- 4A: 1st Mountain View
- 2nd Ogden
- 3rd Timpanogos
- 4th Mountain Crest
- 5A: 1st American Fork
- 2nd Davis
- 3rd Syracuse
- 4th Bingham



Photo Credit: Mike Terry, Deseret News

BOYS CROSS COUNTRY

- 1A: 1st Piute
- 2nd St. Joseph
- 3rd Monticello
- 4th Wasatch Academy
- 2A: 1st Enterprise
- 2nd Rowland Hall
- 3rd San Juan
- 4th Millard
- 3A: 1st Cedar City
- 2nd Park City
- 3rd Canyon View
- 4th Bear River

- 4A: 1st Mountain View
- 2nd Timpanogos
- 3rd Pine View
- 4th Orem
- 5A: 1st American Fork
- 2nd Pleasant Grove
- 3rd Davis
- 4th Hillcrest

GIRLS SOCCER

- 2A: 1st Waterford
- 2nd St. Joseph
- Semis Millard
- Semis Rowland Hall
- 3A: 1st Juan Diego
- 2nd Morgan
- Semis Judge
- Semis Bear River
- 4A: 1st Timpanogos
- 2nd Bonneville
- Semis Lehi
- Semis Springville
- 5A: 1st Alta
- 2nd Davis
- Semis Viewmont
- Semis Fremont



Photo Credit: Jeffrey D. Allred, Deseret News